

**CLAIMS**

What Is Claimed Is:

- 5        1.    A garment assembly, comprising:  
         a belt adapted to be attached approximately around a waist  
         area of a wearer;  
         a garment adapted to be worn by a wearer; and  
         means for removably securing said belt to said garment.

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2.    The garment assembly of claim 1 wherein said belt  
         having a first end and a second end; wherein in use the second  
         end of said belt is secured to the first end of said belt;  
         wherein said belt defining a belt diameter when said first end of  
15 said belt is secured to said second end of said belt; wherein  
         said belt including means for quickly adjusting the belt  
         diameter.

3.    The garment assembly of claim 1 wherein said belt  
20 further including means for maintaining a tight attachment of  
         said belt around the waist area when the wearer.

4.    The garment assembly of claim 1 wherein said garment is  
         a buoyancy compensator.

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5.    The garment assembly of claim 1 wherein said garment is  
         a backpack

6.    The garment assembly of claim 1 wherein said garment is  
30 an inflatable personal flotation device.

7.    A waist adjustment component for a belt, said belt  
         having a center portion, said component comprising:

a loop member defining a passageway, said loop member attached to a center portion of a belt;

a body member having a first side and a second side and a first end and a second end;

5 means for retaining said body member in a folded position, said means for retaining disposed on a first side of said first body member;

wherein the first end of said body member inserted through the passageway defined by said loop member and folded over said 10 loop member; wherein said body member is maintained in its folded over position by said means for retaining.

8. The waist adjustment component of claim 4 wherein said means for retaining is a hook and loop fastening member disposed 15 on said first side of said body member

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